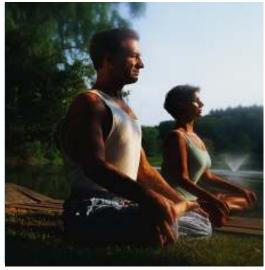
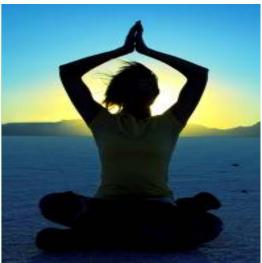
Lake Johnson Park

4601 Avent Ferry Rd., Raleigh, NC 27606 Phone: 919-233-2121

Web: www.raleighnc.gov









By popular demand.....

Lake Johnson Park presents

Evening Yoga Class

Come enjoy an evening of mindful stretching and relaxation! We will learn to reduce stress, manage anxiety and bring our focus back to our bodies and to the present moment. All ages, fitness levels and yoga experience levels are welcome. This is a no pressure opportunity to engage in a healthful and restoring practice.

Bar Code: 124616

Thursday evenings - June 7th thru July 12th. \$70/six week class in the air conditioned Lake Johnson conference room.